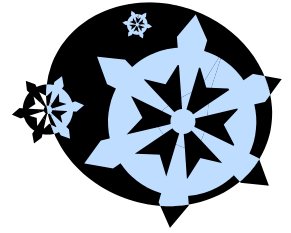


Gallinger's Guidelines



HJB Counseling and Guidance Program Newsletter



Guideline: Bullying is different from the little bumps, pushes or disagreements kids sometimes have that are a part of everyday life. Most kids can handle these things themselves. Bullying is not an accident. It is hurting another person on purpose, over and over again. Bullying is any repeated activity; including gestures, physical, verbal or written (including instant messaging) that is meant to harm another's body, feelings, friendships, reputation, or property. The person or persons who do the bullying is/are perceived as having more power over the one being bullied. When reported, the teacher or school personnel will apply an appropriate consequence. Monthly guidance lessons aim to discourage the occurrence of bullying by teaching appropriate social skills and self-help skills. Individual counseling for students both who bully and are bullied address more specific anti-bullying information. Please don't hesitate to call a teacher, an administrator, or the counselor if you are concerned about bullying.

Peer Mediators Ready for Service: Six fifth graders are currently serving as peer mediators at our school. They are: D.J. Almarode, Jennifer Martinez, Aliyana Reilly, Rusha Patel, Sky Steele, and Renee Yatsko. If you think your child would benefit from having two of our mediators work with your child and the child in conflict please give the counselor a call.

Guidance Lessons: Each class has a guidance lesson every fourth week. Please look for the handout students receive after each lesson to learn more about the lesson taught.

Guidance Groups, a good way to build life skills: Groups help kids deal with stress and change in school and/or family life. New groups start at the beginning of each grading period (group work is not graded). Please see the list on the back of this newsletter for more. Parents must give written permission for their child to participate in a group. Again, if you would like more information or want your child to join a group, please let the teacher or the counselor know. 622-8090 (308).

Have a Wonderful New Year,

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